No. 12

10

Cents

Obesity Reduction Course For Women

QUESTION AND ANSWER COLUMN By Pauline Furtong

Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles, Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.



WRINKLES. HAIR DYE AND

BUST DEVELOPING FORMULAS.

MES. A. C. writes: "Will you please

The Trunk Exercises.

The important trunk exercises, body bending, twisting and liver squeeze which have been shown recently are an advanced group which hould be practised with great cau-



With real delight, golf looms in

And a smile curls Daisy's lip-She has a brand new set of golfing slicks.

And wears the Harris Suction

Hawis Suction Clip

is the ideal clip for all athletic wearers of nose-glasses.

It holds the lenses in the optically correct position, assures maximum comfort and perfect security. Attached to your glasses for

35 cents or more-depending upon the quality selected.

Sold only at our stores.

M.H. Hathis Oculists and Opticions

54 East 234 St., near 4th Ave.
54 West 125th St., near Lenox Ave.
55 West 24th St., oet 5th & 6th Aves.
66 Nassau St., near John St.
66 Nassau St., near John St.
67 St. Nicholms Ave., net 180th & 181st.
68 St. Nicholms Ave., net 180th & 181st.
68 St. Nicholms Ave., net 180th & 181st. 1997 B'way near Willoughby, B'klyn,
459 Fulton St., opposite A. & S., B'klyn,
452 Broad St., next to Strauss Co. Newark
Send two cents each for each of the

LARGE PORES—MRS. SAMUEL K. asks: "Will you please repeat the alcohol formula for large pores?"

Use equal parts of alcohol and witch hazel on the pores with a puff of cotton as often as convenient.

OLIVE OIL—MILDRED F. writes: "As I am trying to gain weight I want to know if you recommend drinking office oil with meals? How much

severe and will cause strain if overdone. It is an important part of
each exercise to relax thoroughly
after each movement, as this relieves

of the sum meals? How much should I take in summer?"

A tablespoonful of olive oil with the same of grape juice should be taken several times a day. The digestive organs cannot take care of any more than this at one time. Do not drink the oil with your meals. the strain on the muscles and also

rests the body simultaneously. Always keep the knees perfectly rigid,
if the exercise is so illustrated, and
if the exercise is so illustrated, and
hair is getting darker as I grow older." the toes pointed downward during the toes pointed downward during Shampoo the hair with shaved and the movements. This also helps to make the relaxing really another extended the relaxing really another extended the soap suds, rub the hair with the whites of several eggs to which ercise, because you are compelled has been added the juice of one lemon, to let go of yourself, and every muscle, in order to relax properly and cle, in order to relax properly and

get best results.

Deep and regular breathing through the nostrils should, of course, be practised throughout the group.

It is not at all necessary to practise every one of the exercises which have been shown each day. Indulge the table of the process of the exercises which in those which you decide you need the came of the came of the exercises which in these which you decide you need the came of in those which you decide you need the charts have helped me considerably in most after reading the description every other way."

Exercises alone may reduce you ever

so slightly, but diet is most important. It is not hard to curb the large appetite after you have done so for several days. Your general health would be days. Your general health would be Advantage much improved if you would eat less.

in every way to be careful of your diet and see to it that the Stomach, Liver and Bowels are working harmoniously. As soon as help is needed, Try

Stomach Bitters

LIQUID ROUGE.-CATHERINE R. writes: "Will you please print a formula for a harmless liquid rouge?"
Soak the following together in an air-tight bottle for two weeks: Alcohol, one ounce, and carmine (powdered), one-half ounce. Then add pure white wine vinegar, one pint. This is pure and econor

COCOA BUTTER AND COCOA-NUT OIL .- MRS. GEORGE T. writes: "Please tell me the difference be-tween cocoa butter and cocoanut oil." There is a vast difference between these two tollet articles; cocoa butter is a concrete oil obtained by pressing the warm seeds of the chocolate nut, and is used extensively in cosmetics and cintments. It is also used in its natural state and is nourishing and

Cocoanut Oil Makes A Splendid Shampoo.

If you want to keep your hair in good condition, be careful what you wash it

in those which you decide you need most after reading the description of them.

A large variety of movements relieves the monotony and lends interest during the practice.

Letters From Readers.

EXERCISES WITHOUT DIET.—

MRS. DELIA F. writes: "Will the exercises alone may reduce you ever the milk glands and prevents as the positively destroys and dries up and a low it to dry in. This treatment positively destroys and dries up the milk glands and prevents a left of milk glands and prevents as sibly injure the hair. Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily and remove every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and remove every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dandruff and excessive oil. The lather rinses out easily and removes every particle of dust, dirt. dand

There Is a Good Course of

at Carnegie Hall under Prof. OSCAR GALENO.

30 Lessons for \$5.00 F. H. Golding, Sec., Studio 611 Carnegie Hall-Circle 1350

The

Con-

ductor

Says:—

I conduct the Limited.

Every day my train runs crowded with big men-and many a good tip they've given me.

One of the best was "Helmar" Turkish Cigarettes.

Before I smoked "Helmar" I wondered why so many wealthy men smoke a 10c cigarette.

My first "Helmar" convinced me.

The mildest tobacco for cigarettee is Turkish.

The best tobacco for cigarettee is Turkish.

Don't pay ten cents for anybody's cigarette until you have tried "Helmar," a fascinating, elevating,

Quality Superb

Open Saturdays Until 10 P. M. We Close Evenings at 6 o'Clock.

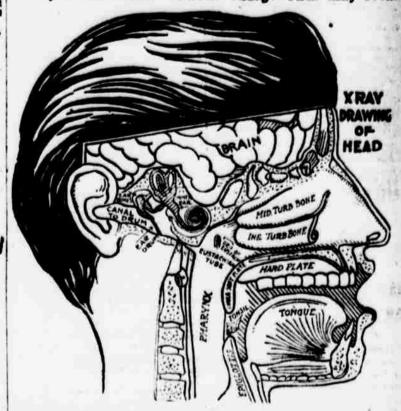


Jersey and Connecti-

Special This Week—Alex. Smith Alpine AXMINSTER Rugs, 9 x 12 . .



inch top and 6-toot extension; six chairs with genuine



Distress After Eating? Stomach Sour? **Bloat With Gas?**

You draw dust or germs into your nose, what happens? Your nostrils are irritated. The membrane swells up and pours out a discharge of mucus.

Indigestion is started the same relief. way. You take food, the food does "His condition was so desperate that it not digest; it sours, spoils, lays in this to other to give me temporary relief. the stomach and rots and forms Finally I convinted to try Dr. McCoy. I poisons. These poisons irritate the membrane lining of the stomach.

membrane lining of the stomach. The irritated membrane of the stomach pours out a lot of sticky use woman. In fact I do not know that I mucus. This mucus lies in the ished and my gratitude to Dr. McCoy is stomach and when you eat a meal it coats over the food and keeps it from digesting.

When the food spoils it irritates he stomach and this causes the many signs that tell of indigestion. Continued irritation causes ulcer in the stomach. Long continued irritation very likely will cause the ulcer to become a cancer in the stomach.

gives off foul gases.

unga sewer gas. Sewer gas is a gas for me knows no bounds." that forms from substances decomposing or rotting in a sewer. Few people are aware of the fact that Soreness Over the Stomach, when food decomposes in the stom-ach and intestines the same gases Bloated Up With Gas, formed in the body. Indigestion fills the stomach and intestines with this dangerous sewer gas and this gas is absorbed into the blood and poisons the system the same as sewer gas poisons the system. Sewer gases formed in the stomach as the | """ result of the spoiling of food and indigestion are taken into the blood, carried to the lungs and are thrown off with the breath. This accounts for the evil odor of the breath that many have who suffer from indi-

The poisons made by decaying food enter the blood. When in the blood enter the blood. When in the blood the poisons may attack the brain. In such cases there will be headache, difficulty to sleep soundly, confusion of thought and a feeling of fatigue. In others the poisons attack the nerves. In such cases they will cause irritability and nerve pains called neuritis. In others the poisons irritate the skin, causing pimples and eruptions to form.

studying how to remedy stomach troubles. I think I have something worth while to offer sufferers from indigestion. I will be pleased to have you visit my office. It will cost you nothing for consultation.

done: I graduated in medicine in New York in 1879. I was the prize winner of my class. I won in com-petitive examination the position of Physician to Bellevue Hospital, where I served in 1879 and 1880.

(New York World, Sept. 2, 1894.)

"Prof. Loomis, of the University of New York, the great specialist, said, in alluding to medical men who advertise: 'Dr. McCoy, for instance, is an able man, well educated, a thorough scientist and a first-class physician. He is a graduate of Bellevue Hospital, he advertises, does an immense business and is doing much good.'"

How important Dr. McCoy's methnd of treating stomach troubles, clogged nostrils, deafness and discharging ears will be told by the

Stomach Trouble

Mrs. Mary Bless savs: "I have been & errible sufferer from stomach trouble for cars. Fined distressed me. I would bloat in with gas. I was losing flesh rapidly, in fact I had all the symptoms that as with serious trouble of the stomach. I tried all the various patent medicines that are advertised for conditions like mine. I took to bettles of one kind without even any

"I started treatment and to-day I am a

Dropping in the Throat, Catarrh of the Stomach.

Mr. Jackson Graham says: "I have been! My nose would stop up. I had difficulty in sleeping at night and mucus would drop down into my throat, until finally my stomach became involved. Food distressed me. I would blost up with gas and I Before the food spoils it usually felt generally miserable. At times I was compelled to vomit my means in order to get relief.

In this condition I placed myself under Now, most every one is trained to say that I am now a new man. Food does avoid the risk of breathing into the my gratifude for what Ir. McCoy has done my gratifude for what Ir. McCoy has done

Neuralgic Headache

McCor will make X-Ray examina-without charge in all cases where an examination is required until 15.

Clogged Nostrils, Dropping in Throat, Deafness and Head Noises

DISCHARGING EARS, DEAFNESS, HEAD NOISES.

When Mr. Walter Pitchert first consulted to be said: "I have had trouble with my tre for the best four years. I causely and it settled for my cars. I became to deaf I could not understand conversa-tion I was constantly froubled with houses in my head. They were sounds like the bissing steam. I had dropping in my throat and my nostrile were dlogged up. My ears discharged all this time. Since treating Mr. Pitchert, he now re-ports that the discharge from his ears has entirely stopped. His hearing has been restored so that he understands conversa-tion very readily and the noises have all left his right ear. Mr. Pitchert lives at No. 1675 Eighty-third at. Brooklyn, N. Y.





Old Mother Hubbard She went to the cupboard, Her intentions were good but suspicious,

But the Cracker Jack boy Had spoiled all her joy, And eaten the candy

delicious.

Cracker Jack

The more you eat, the more you want

You couldn't blame the boy at that, for none can resist the goodness of this combination of popcorn, peanuts and molasses candy with the natural color and flavor. And, to add to all that, Cracker Jack is a food that contains more nourishment than milk, eggs, beefsteak and other foods that are among the most wholesome.

Nothing but the best materials used in the making of Cracker Jack. No hand touches it. Nothing can prevent its reaching you as fresh, pure, clean and good as when made-no matter when or where you

In every package there's a prize to please the youngsters.

Write for the Cracker Jack Riddle Book. Sent free on request. Address Dept. A.

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Angelus Marshmallows means the best marshmallows. The Cracker Jack people make them.